invent a better tampon.
so if only 1/3 of the cotton is used could they be made of 2/3 less stuff yet bettter somehow? comfier, with slight squishability?
plastic form under cotton except plastic form might be more $ than cotton

GSK woodgrain kills bacteria,

could there be a microtexture of fiber that kills toxic shock bacteria making a tampon fiber type that has measurably less risk? (then again it is probably the clots of gunk between the fibers decaying that causes it, rather than just sterilizing the thin film near the fibers)

Things from (funny.com), one edited.
Never answer an anonymous letter
On the other hand, you have different fingers.
If you don't like the content, go out and make some.
Corduroy pillows: They're making headlines!

Tony Robbins thing to increase: Dynamic. Be dynamic.

Tony Robbins improve your life thing; surround yourself with people better than you; invite Yale Maggie and her partner to coffee. Consider stimulants with Maggie; if its fun and improves things is it ok that my nondrugged version is less interesting? I think the heightened capability is beneficial so just fine.

Is it possible to apply tony robbins techniques to studying a new thing in an organized way independently?

I read a meme that said “I need feminism because vulnerability should not be a weakness” So create a communications form, that causes new human ways to arise, outside of

what as wikipedia says,”As Haraway explains, “grammar is politics by other means,” and effective politics require speaking in the language of domination.[1]” A new grammer that is absent insistence, perhaps with shared meaning, some of which is comprehendably yet to be determined. “I like you” is a phrase with direction that contains possible new beneficial particulars later. New conversation and writing could be gentle enough so that a feeling, or a word-process that might be seen as vulnerable in 2018AD would be a gentle undisturbed adequate thing. A study of psychedelic drugs could suggest things about openness and a feeling of heightened universe-has-good-intentions that create word spaces where what would have been called vulnerability is just gentle undisturbed adequate being.

From wikipedia it looks like I am a second wave feminist, and would

avoid being a third wave feminist. I think there could also be a new kind of feminist.

It has been thought before, but is skipping caffeine during the workday then having caffeine at 4:30 to be caffiencated, alert and interested, with one's family a way to enhance interpersonal relationships and increase the quality of child raising? What about other drugs?

obvious is the drone recharge port on the ceiling.

If I were sufficiently clever could I think of something that improved feelings. Genetic engineering, remixed facebook feeds measured to cause happiness as well as making it so thinking of the people you view more highly.

Robot girlfriends and what middle of the normal distribution people unconsciously support, expect,prefer, and flow ontologically with(stream of unquestioned feels right isness).

Robot girlfriends, and/or sensors scattered around the living space could do eye tracking to find out what kinds of values people may have outside of their conscious thought. This is comparable to eye tracking of viewed movies, where what people look at might support or validate particular narratives of how things are

supposed to be.

Eye tracking color dwell maps could be used at a genetic algorithm, or a human imitation of that, to create customized animated movies with greater audience involvement, as well as making something “glidey and seamless to enjoy watching” from dynamic highlighting as suggested with the longer or more concentrated gaze, also orchestrated “scanpaths”. I suppose you could call this “spotlighting”

Wikipedia on eye tracking “The cyclical pattern in the examination of pictures "is dependent on not only what is shown on the picture, but also the problem facing the observer and the information that he hopes to gain from the picture.” **So what you think you are doing influences what your gaze lights on and dwells at,** this modifies the dynamic of innuendo of plot at an animated movie. If you gaze (and eye track) at what you are sentiently or unconsciously thinking that you are doing, does looking at the Hero’s face describe your cultural and personal-mind’s take or receptiveness to hero-ness or heroism? Is there a math distribution of “meaning at one’s own personal culture and undescribed cultural tropisms” among people? The responses at normed (mid chunk of bell curve) people when shown customized imagery, possibly moving, that says, or could be computed to reveal “what people think, feel, and unconsciously respond at, is what their values/narratives of life is actually like” Does plot innuendo, as displayed with images, measured with eye tracking, describe what people are actually ***like***?

Robot girlfriends could use AI on the response of eye tracking to movies or actual living to get a gist of the person’s unspoken, unarticulated values.

As the wikipedia quote suggests, shifting attributes and thought goals or unthought goals st a robot girlfriend conversation modifies the things the eye tracks. (and likely vocal variation) AI on eye tracking with Robot girlfriends causes different areas of the robot girlfriend to be looked at at, this could be visually sequenced to create an interaction that builds towards what

would usually be called mutual satisfaction and esteem, possibly with the feeling of love. As described with the resolution and velocity of movies or human to human interaction gaze (eye) tracking you get can get a normed version of what a person is Like, their unspoken beliefs; so the robot girlfriend gets to be perceived as human as she has a human-feel “is like” contextually, **she has the appearance of “unspoken beliefs”, and/or presents a kind of field of Unspoken, unarranged beliefs, that contribute to her being lovable and perceived as loving, and sexy**. If you want a heroic robot girlfriend, while omitting actual real drama, you can have her light up, grab props, or visibly angle to trigger something like the begirlfriended’s heroism reactions at watching movies.

Normal eye movement, but drugs that effect eye gaze-track areas of focus and warmth maps without psychologically perceptible effects; **a see more in new ways drug**.

Experienced surgeons might eye trace and track different items at a surgery than a new medical student, the medical student could use graze tracking maps from the experienced surgeon to repeatedly practice scope out and area focalize the same way an experieinced surgeons does, learning faster. However robot surgery is better.

Speed reading seems to have a point of consciousness component such that a feeling or pre-realization of content from rapidly scanning words and paragraphs actually reaches the being experiencing person. On antipsychotics I often feel as if my consciousness is in a nonattentive place. Using eye-tracking the ability of different antipsychotics to variably effect the measurable learning of speedreading could be a measure of how mind-neutralizing they are; better speed reading = less neutralizing drug. So an antipsychotic that actually improves speed reading ability might be an antipsychotic that is absent spacing people out and permits lively presence of mind. Note that this is not about getting people to speed read, just a thing that seems to be a way of measuring ability to be mentally present.

a feminism that includes moving toward opportunity, mostly physical relocation but also intentional or whimsical social peer and physical surroundings being moved towards as beneficial. You can move towards opportunity to enhance living, not just fix errors. Activities of optimism.

Meme: Be brave. Do things you like. Dubious phrase “It is easier to make new thread than to untie a knot” seek opportunity. Seek improvement.

Wikipedia on how paternity/lesbian partner leave may improve the lives of new mothers and children with shared caregiving. “Before the law was passed in 1993 (in Norway), only about 3% of fathers took paternity leave. Now about 90% of fathers take at least 12 weeks of paternity leave which is a very significant increase.

[21]” Motivated fathers contributing to their children’s lives while reducing stress on women. Could there be child appreciation classes for fathers? (and mothers?)

Feminist app; what to say to get improvement; Phone app measured to reduce a person reassociating with an abuser.

There are more women college students than men; research on the value a degree adds, also fiscal value, could be an area where higher pay for women is visualizable and increasable. Second wave feminist score on various majors; does the financing payback at an amount less than 1 years wages have value?
Also, 2 year math logic thing; could a second degree that is just the two years of topic specific classes be a

high scoring option? Got: art Get: computer programming. Differs from masters degree as is not a continuation of the previous study area.
A numeric treatment of the the 2 year supplemental degree could support, or refute, career flexibility and higher earnings for women. Is this just a financial analysis of a genteel career certificate in a lovely campus environment? so what if it is?

Women could more rapidly replace ideas in society if they talk more with men.

Is it possible to travel to a new social context; obviously you could volunteer at something and then be surrounded with people of a different cultural form. Some people do immersive vacations where they rescue things.

idea: **cross functional equivalency of jobs.** Rather than previous experience, although that has value, vocational equivalencies could be measured and published. So an employed experienced communications major could be swapped with a myers briggs ENTJ and improve output. This cross referencing of equivalent capabilities gives people more career flexibility and could increase economic mobility. This database of functional swaps could support feminism as transferring to an area of equal pay for equal work and higher earnings has more pathways than just promotion within a specialty. You could also specify the genes of your children, giving them swappable career flexibility and advantage based on computer models that predict how they will behave.

Is there something that has not been noticed yet that is like a big improvable, like the now ability to travel at will (19th Century US permitted this) was new then.

The intent of child as compared with the intent of a parent, to have a functional tropism to a preference. Brain scans, do they really prefer it, and how much, and how would the neural net prediction react to the most common distribution of actual mixed outcomes. The computed simulation of the child, as well as the parent's getting what they prefer, just some of what they prefer, or what frequently unintended actually occurs. Note also software that says how you would feel about the distribution of things that are likely to happen.

Child/parent wants to omit brushing baby teeth as they will be adult teeth later. outcome distribution: graphably Happier parent, graphably happier baby, likelihood of 1 dentist visit.
If baby toothbrushing: you get to omit dental visit, graph of well being changes, this is comparable to other valuable activities. Brushing baby teeth from 0-8 years old caused a nonoptimality equivalent to not reading 1000 webcomics or missing having sex 30 times.
Calculating the possible outcome value of actual child raising behaviors could be a data science thing with AI.

Could there be something **completely new** that is kinder and more productive than intent? less information deficited than predictive choosing, **yet notably an**

improvement? Note this area of finding improvement also rejects external regulation where some external tells you what to do.
Various forms. Doing what you want, knowing as little as you do, I am Removing, but mentioning, being told what to do;pattern resonance craft jamming or reform; a New thing could be Neurological modelling of a human mind such that the decision that mind would make when at a heightened state of kindness and capability, or even just the best day out of 1000 for that biological person is the **guiding** activity activator.
(modelling your better self and then using that as an action guide is an ethical bonus of transhumanism)
Compare: Many worlds interpretation of physics: sometimes you are fortunate. Computer modelling: what you would do as a fortunate person,

and how you can branch and act from there

Social networking affirmations overlay; turn any facebook image feed item into a an inspirational quote, thus measurably upping its happiness utility. This only works if motivational quote images actually are measured to have a beneficial effect. Also, you can just suggest your entire feed (or just parts, variable reinforcement) be written on top of with inspirational quotes so the people you share images and updates with do not actually have to generate their own quote content.
This is automemeing that is quantitatively measured as improving sense of capability, happiness, and perhaps measurables like at a search engine the person is measured to do more personal growth searches. I am

thinking more personal development but one slight improvement could be automemeing stuff from one friend to encourage you to eat vegetables and exercise, then the amount of new search engine searches on vegetables and exercise could be measured as going up. Possibly career improving memes could be measured with career site searches and school.

When you make gears out of fractals they can turn, slip, or polish depending on zoom. some person that knows math could comment on the infinite surface area effect on physical power transmission. kind of zenos paradox like though. supposedly even if you have fractal gears made out of dried egg white the infinitude of matching surfaces should permit the gears to transmit eentsy amounts of force over a vast multisurface fractal

so the amount of force per tooth would be less than harms the tooth.

People do all kinds of self improvement when awake. Aside from lucid dreaming, **are there any things people can do to improve their asleep lives when they sleep?** Something different than the beneficial but obvious sleep-the-optimal-amount. Transcranial magnetic stimulation during sleep might effect dreams or refreshingness of sleep. Should a person prefer to have slower or faster pulse while asleep with measurably minimized cortisol levels? this could be an approximately stressless good time that raises heartrate while you are unconscious. The 1/3 of hours each day sleeping can be thought of as a new area for human well being growth.

wikipedia says, “Feminist theory typically characterizes patriarchy as a social construction, which can be overcome by revealing and critically analyzing its manifestations.” where some kinds of feminism, or perhaps female interest, could be imaged as a pie chart, where the refutation combined with the striving to redress nonoptimality is just one segment. Another segment could be “I’m partying with my friends in an all female group, and this is how we feel”, experienced femality, and someone could say something to those partyers that would benefit them or they could generate new better social ways on their own at their party. So promoting female well being could address these other parts of the pie chart even if they are not yet called feminism. The thing is are there any really big things which if they occur are deeply beneficial? Eternal youth with death optional benefits people.

If an extroverted feminist of some kind talks to 10 people in a day, and an introverted one speaks to just one, is there some measure of the amount of felt social differential that happens? Then there is the actual stuff component, like they both use tampons.
Overexercising the myers briggs, is there a ESFP femininism compared with a INTJ feminism? If someone makes a better personality sorter than the myers briggs should a new feminist ideology seek to come up with a “works well, actually benefits women and girls” version for each of the personality types?

Thinking robot girlfriends, robot companions, is there a female preferred version. Robot girlfriends replace scarcity and nonoptimality with well being what are ways to do the same for women?

Just for fun I could think about attracting the most optimal audience to my videos as compared with the most people. But the 1 million views mean 1% might be the preferred audience. So 10K optimal people with lots of views compared with somehow reaching 10k of optimal viewers with some new thingy. million

views might be looking better than that narrowcasting. unless I got a million views on ponytail elastics and wanted to communicate with skinheads. Yo Skinheads, practice eugenics, reject fascism.